



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09043, Blackberry juice, canned

Report Date: June 29, 2017 22:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	90.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Energy	kcal	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	158	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Total lipid (fat)	g	0.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Ash	g	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carbohydrate, by difference	g	7.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Sugars, total	g	7.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Iron, Fe	mg	0.48	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Magnesium, Mg	mg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Phosphorus, P	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Potassium, K	mg	135	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Copper, Cu	mg	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	11.3	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Thiamin	mg	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Riboflavin	mg	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Niacin	mg	0.446	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin B-6	mg	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Choline, total	mg	6.6	--	--	--	--	--	--	--	--	Calculated or imputed	09042	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	09042	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, beta	µg	74	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin A, IU	IU	123	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Lutein + zeaxanthin	µg	68	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin E (alpha-tocopherol)	mg	0.90	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	15.2	--	--	--	--	--	--	--	--	Calculated or imputed	09042	02/2003
Lipids													
Fatty acids, total saturated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
16:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total monounsaturated	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:1 undifferentiated	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:1	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total polyunsaturated	g	0.344	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:2 undifferentiated	g	0.229	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:3 undifferentiated	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09302	02/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003